



# Winning@Wellness

## Being Prepared for a Tornado

There is no guaranteed safety during a tornado. Even the possibility of a tornado should be taken seriously with these simple tips.

**TIP ①: Be prepared.** Keep these items on hand:

- Fresh batteries and a battery-operated radio or internet-enabled device to listen to emergency weather information and
- An emergency kit (including water, non-perishable food and medication).

**TIP ②: Stay aware of weather conditions.** Stay tuned to local radio or TV stations for more information. Some weather signs may indicate that a tornado is coming are:

- Dark or green-colored sky,
- A large, dark, low-lying cloud,
- Large hail, or
- A loud roar that sounds like a freight train.

**TIP ③: Shelter safely.** Falling and flying debris causes most deaths and injuries during a tornado. Safer locations include a basement or an inside room without windows on the lowest floor (bathroom, closet, center hallway).

- For added protection get under something sturdy (a heavy table). Cover your body with a blanket or mattress. Protect your head with anything available.
- If you are driving, outside or in a mobile home, find the nearest sturdy shelter.

Practice tornado sheltering plans. Moving to shelter quickly is easier when everyone knows where to go.

Source: <https://www.cdc.gov/disasters/tornadoes/during.html>



## Driving

**SEAT BELTS SAVED NEARLY 15,000 IN 2016. BUCKLE UP EVERY RIDE.**



NATIONAL SAFETY MONTH 2018

[nsc.org/nsm](http://nsc.org/nsm)



## Find the Right Workout Buddy

When you work out with a partner, you're likely to be more:

- Motivated,
- Adventurous, and
- Consistent.

Whether your partner is two-legged or four-legged, find an activity you can enjoy with a friend.

<https://www.cdc.gov/diabetes/library/spotlights/workout-buddy.html>



If you missed a **Lunch-N-Learn** that you wanted to hear, check out the archive to view recordings of our latest events.

- Radiation Myths Parts I & II
- Dealing with Dizziness
- Disabilities - Visible & Invisible

<http://dhssnet/worksitewellness/archive.php>



### Apple Slices with Peanut Butter

1. Use a knife to spread peanut butter on 8 apple slices (1 apple).
2. For crunch, roll the apple slices in a whole grain cereal (like cheerios). The peanut butter helps the cereal stick to the apple slices.

<https://fit.webmd.com/jr/food/article/apple-slices-peanut-butter-recipe>

## Designate a Captain

A similar program to the designated driver program on land, the Designate a Captain program gives restaurants the opportunity to promote water safety in their establishments and to give back to those safe and sober captains.



At participating waterfront restaurants captains can receive a kit containing a key chain and participating business brochure. Designated captains present key chains at participating businesses for free non-alcoholic beverages during their visit.



Visit: [safelake.org](http://safelake.org) for more info.